Title: Herbal Medicine

BismilLahirRahmaanirRaheem

Text(Matn)

1. I have personally noticed that you can eat just about any growing plant or shrub etc.

However, at the start, one must be careful not to consume much, and to stay on the safe side(until your body adjusts to the healthy routine), take very little, and don’t swallow if you can avoid it(i.e. just chew on it sparingly). This is moreso at the beginning of your foraging and herbal medicine journey, and also when you meet new plants, fruits, shrubs etc, from what you can recall;

You can call it “ The herbal medicine initial patch testing” for lack of better terminology

Wa Allahu A’lam

AlhamdulilLah wassalaatu wassalaam ‘alaa RasuulilLah